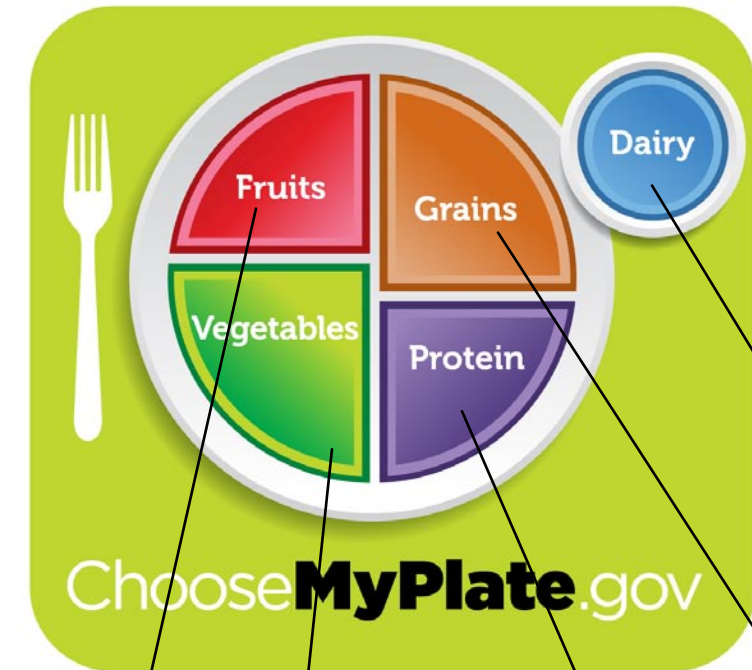


Nutrition 101

Activity #1: MyPlate and Leader Nutrients



Word Bank

Label each food group and choose which nutrients fit into each group. You will use some nutrients more than once.

Milk/Dairy
Carbohydrate
Vitamin C
Meat/Beans
Vitamin A
Calcium
Grain/Bread

Vitamin A
Fruit
Iron
Vegetable
Protein
Vitamin C

_____ Group

_____ &

_____ Group

_____ &

_____ Group

_____ &

_____ Group

_____ &

_____ Group

_____ &
